



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01254, Cheese food, pasteurized process, American, without added vitamin D

Report Date: July 16, 2017 17:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	44.00	7	0.297	42.8	45	6.0	43.274	44.726	1	Analytical or derived from analytical	--	05/2011
Energy	kcal	330	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Energy	kJ	1382	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Protein ¹	g	16.86	7	0.327	15.7	18.1	6.0	16.056	17.658	1	Analytical or derived from analytical	--	05/2011
Total lipid (fat) ¹	g	25.63	7	0.494	23.2	27	6.0	24.42	26.838	1	Analytical or derived from analytical	--	05/2011
Ash ¹	g	4.96	7	0.334	4.18	6.82	6.0	4.141	5.776	1	Analytical or derived from analytical	--	05/2011
Carbohydrate, by difference	g	8.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Sugars, total ¹	g	5.59	3	0.203	5.19	5.86	2.0	4.713	6.46	1	Analytical or derived from analytical	--	05/2011
Sucrose ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Fructose ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Lactose ¹	g	5.41	3	0.187	5.04	5.65	2.0	4.604	6.209	1	Analytical or derived from analytical	--	05/2011
Maltose ¹	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Galactose ¹	g	0.18	3	0.017	0.15	0.21	2.0	0.105	0.255	1	Analytical or derived from analytical	--	05/2011
Minerals													
Calcium, Ca ¹	mg	682	10	114.769	473	1,450	9.0	422.675	941.925	1	Analytical or derived from analytical	--	05/2011
Iron, Fe ¹	mg	0.26	10	0.077	0.11	0.76	9.0	0.083	0.431	1	Analytical or derived from analytical	--	05/2011
Magnesium, Mg ¹	mg	27	10	1.037	24	33	9.0	24.754	29.446	1	Analytical or derived from analytical	--	05/2011
Phosphorus, P ¹	mg	438	10	46.213	349	745	9.0	333.858	542.942	1	Analytical or derived from analytical	--	05/2011
Potassium, K ¹	mg	255	10	14.508	208	353	9.0	221.68	287.32	1	Analytical or derived from analytical	--	05/2011

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Sodium, Na	mg	1441	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn ¹	mg	2.31	10	0.029	2.17	2.46	9.0	2.244	2.374	1	Analytical or derived from analytical	--	05/2011
Copper, Cu ¹	mg	0.034	10	0.003	0.03	0.06	9.0	0.027	0.041	1	Analytical or derived from analytical	--	05/2011
Manganese, Mn ¹	mg	0.025	10	0.003	0.01	0.05	9.0	0.018	0.033	1	Analytical or derived from analytical	--	05/2011
Selenium, Se ¹	µg	19.6	2	--	19.5	19.8	1.0	--	--	1	Analytical or derived from analytical	--	05/2011
Fluoride, F ²	µg	35.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Thiamin ¹	mg	0.035	2	--	0.03	0.04	1.0	--	--	1	Analytical or derived from analytical	--	05/2011
Riboflavin ¹	mg	0.360	3	0.020	0.34	0.4	2.0	0.274	0.446	1	Analytical or derived from analytical	--	05/2011
Niacin ¹	mg	0.155	2	--	0.13	0.18	1.0	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.855	2	--	0.76	0.95	1.0	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin B-6 ¹	mg	0.102	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Folate, total	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Folate, food	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Choline, total ¹	mg	29.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Betaine ¹	mg	1.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Vitamin B-12 ¹	µg	1.33	3	0.120	1.1	1.5	2.0	0.816	1.85	1	Analytical or derived from analytical	--	05/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin A, RAE	µg	240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Retinol ¹	µg	235	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1	µg	58	2	--	41	76	1.0	--	--	1	Analytical or derived from analytical	--	07/2012
Carotene, alpha 1	µg	1	2	--	1	1	1.0	--	--	1	Analytical or derived from analytical	--	07/2012
Cryptoxanthin, beta 1	µg	11	2	--	1	20	1.0	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin A, IU	IU	890	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Lycopene 1	µg	0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2012
Lutein + zeaxanthin 1	µg	23	2	--	7	38	1.0	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin E (alpha-tocopherol) 1	mg	0.63	2	--	0.62	0.63	1.0	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Tocopherol, gamma 1	mg	0.06	2	--	0.06	0.06	1.0	--	--	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta ¹	mg	0.01	2	--	0	0.02	1.0	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin D (D2 + D3)	µg	2.5	4	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2012
Vitamin D2 (ergocalciferol) ¹	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
Vitamin D3 (cholecalciferol) ¹	µg	2.5	2	--	0	5.1	1.0	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin D ¹	IU	102	2	--	0	204	1.0	--	--	1	Analytical or derived from analytical	--	07/2012
Vitamin K (phylloquinone) ¹	µg	2.6	2	--	2.3	3	1.0	--	--	1	Analytical or derived from analytical	--	07/2012
Lipids													
Fatty acids, total saturated	g	15.057	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
4:0 ¹	g	0.515	3	0.029	0.46	0.55	2.0	0.39	0.641	1	Analytical or derived from analytical	--	05/2011
6:0 ¹	g	0.444	3	0.002	0.44	0.45	2.0	0.434	0.454	1	Analytical or derived from analytical	--	05/2011
8:0 ¹	g	0.276	3	0.011	0.25	0.29	2.0	0.227	0.325	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.664	3	0.027	0.61	0.7	2.0	0.546	0.781	1	Analytical or derived from analytical	--	05/2011
12:0 1	g	0.743	3	0.039	0.67	0.79	2.0	0.575	0.912	1	Analytical or derived from analytical	--	05/2011
13:0 3	g	0.025	3	0.001	0.02	0.03	2.0	0.023	0.027	1	Analytical or derived from analytical	--	05/2011
14:0 1	g	2.473	3	0.127	2.22	2.62	2.0	1.925	3.02	1	Analytical or derived from analytical	--	05/2011
15:0 1	g	0.263	3	0.014	0.23	0.28	2.0	0.202	0.324	1	Analytical or derived from analytical	--	05/2011
16:0 1	g	6.837	3	0.380	6.08	7.28	2.0	5.201	8.473	1	Analytical or derived from analytical	--	05/2011
17:0 1	g	0.161	3	0.008	0.14	0.17	2.0	0.127	0.195	1	Analytical or derived from analytical	--	05/2011
18:0 1	g	2.601	3	0.134	2.34	2.79	2.0	2.024	3.178	1	Analytical or derived from analytical	--	05/2011
20:0 1	g	0.039	3	0.003	0.03	0.04	2.0	0.024	0.053	1	Analytical or derived from analytical	--	05/2011
22:0 1	g	0.018	3	0.002	0.01	0.02	2.0	0.01	0.025	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 1	g	0.008	3	0.001	0.01	0.01	2.0	0.004	0.012	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total monounsaturated	g	6.846	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
14:1 1	g	0.210	3	0.012	0.19	0.23	2.0	0.16	0.26	1	Analytical or derived from analytical	--	05/2011
15:1 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
16:1 undifferentiated 1	g	0.445	3	0.026	0.39	0.47	2.0	0.335	0.556	1	Analytical or derived from analytical	--	05/2011
16:1 c 1	g	0.358	3	0.019	0.32	0.38	2.0	0.278	0.439	1	Analytical or derived from analytical	--	05/2011
16:1 t 1	g	0.087	3	0.007	0.07	0.1	2.0	0.055	0.119	1	Analytical or derived from analytical	--	05/2011
17:1 1	g	0.053	3	0.003	0.05	0.06	2.0	0.039	0.067	1	Analytical or derived from analytical	--	05/2011
18:1 undifferentiated 1	g	5.947	3	0.345	5.29	6.45	2.0	4.462	7.432	1	Analytical or derived from analytical	--	05/2011
18:1 c 1	g	5.277	3	0.305	4.69	5.71	2.0	3.966	6.588	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 t ¹	g	0.670	3	0.041	0.6	0.74	2.0	0.494	0.846	1	Analytical or derived from analytical	--	05/2011
20:1 ¹	g	0.190	3	0.013	0.17	0.21	2.0	0.135	0.244	1	Analytical or derived from analytical	--	05/2011
22:1 undifferentiated ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	05/2011
22:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2011
22:1 t ¹	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	05/2011
24:1 c ¹	g	0.001	3	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total polyunsaturated	g	1.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:2 undifferentiated ¹	g	0.806	3	0.061	0.71	0.92	2.0	0.544	1.068	1	Analytical or derived from analytical	--	05/2011
18:2 n-6 c,c ¹	g	0.630	3	0.049	0.56	0.72	2.0	0.42	0.84	1	Analytical or derived from analytical	--	05/2011
18:2 CLAs ¹	g	0.017	3	0.000	0.02	0.02	2.0	0.016	0.019	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 t not further defined ¹	g	0.159	3	0.015	0.13	0.17	2.0	0.094	0.224	1	Analytical or derived from analytical	--	05/2011
18:3 undifferentiated ¹	g	0.123	3	0.010	0.11	0.14	2.0	0.082	0.164	1	Analytical or derived from analytical	--	05/2011
18:3 n-3 c,c,c (ALA) ¹	g	0.121	3	0.009	0.1	0.14	2.0	0.081	0.16	1	Analytical or derived from analytical	--	05/2011
18:3 n-6 c,c,c ¹	g	0.002	3	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	05/2011
18:4 ¹	g	0.007	3	0.001	0.01	0.01	2.0	0.005	0.009	1	Analytical or derived from analytical	--	05/2011
20:2 n-6 c,c ¹	g	0.008	3	0.001	0.01	0.01	2.0	0.004	0.011	1	Analytical or derived from analytical	--	05/2011
20:3 undifferentiated ¹	g	0.028	3	0.002	0.03	0.03	2.0	0.02	0.037	1	Analytical or derived from analytical	--	05/2011
20:3 n-6 ¹	g	0.027	3	0.002	0.03	0.03	2.0	0.02	0.034	1	Analytical or derived from analytical	--	05/2011
20:4 undifferentiated ¹	g	0.036	3	0.004	0.03	0.04	2.0	0.021	0.051	1	Analytical or derived from analytical	--	05/2011
20:5 n-3 (EPA) ¹	g	0.008	3	0.004	0	0.01	2.0	-0.01	0.025	1	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:4 ¹	g	0.006	3	0.001	0.01	0.01	2.0	0.003	0.009	1	Analytical or derived from analytical	--	05/2011
22:5 n-3 (DPA) ¹	g	0.018	3	0.001	0.02	0.02	2.0	0.013	0.023	1	Analytical or derived from analytical	--	05/2011
22:6 n-3 (DHA) ¹	g	0.005	3	0.001	0	0.01	2.0	0.003	0.007	1	Analytical or derived from analytical	--	05/2011
Fatty acids, total trans	g	0.917	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fatty acids, total trans-monoenoic	g	0.758	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Cholesterol ¹	mg	98	2	--	86	109	1.0	--	--	1	Analytical or derived from analytical	--	05/2011
Amino Acids													
Tryptophan ³	g	0.241	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine ³	g	0.720	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine ³	g	0.858	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine ³	g	1.592	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine ³	g	1.302	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine ³	g	0.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine ³	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine ³	g	0.829	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine ³	g	0.833	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine ³	g	1.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine ³	g	0.613	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine ³	g	0.448	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine ³	g	0.518	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid ³	g	1.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid ³	g	3.495	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine ³	g	0.322	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline ³	g	1.847	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine ³	g	0.932	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 15e, 2011 Beltsville MD

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2a, 1999 Beltsville MD